

December 18, 2025: On the Difference Between Love and Pain

As a seasoned defense attorney that is skilled in the art of mediating domestic violence disputes between intimate partners, allow me to share this small piece of advice to the men and women of the world that find themselves involved in abusive situations:

There is a difference between the feelings that one experiences inside of them that stem from love and the feelings that one feels inside of them that stem from pain.

Both feelings, however, create a very strong sense of emotion that can be 'addicting' or somewhat persuasive in telling someone that they feel 'seriously attached' to their significant other.

However, a strong feeling that results from 'pain' is the type of strong emotion that one should remove from their life for their own physical and mental health. Why would a person want to willingly attach themselves to a 'partner' because they are feeling strong, painful, emotions?

The strong feeling that results from 'love' is the type of strong emotion that one should hold on to as being beneficial for their own self and well as to the other person that so graciously provides that love.

The moral of this short story is that both love and pain both create a strong sense of emotion within a person that can be very difficult to distinguish.

People can naturally feel compelled to be persuaded by 'strong emotions' that are resulting from the 'relationship' with a particular person.

However, if your 'strong feelings' are originating from a place of 'pain' rather than from a place of 'love', then I am recommending that you seriously consider whether the 'attachment' that you feel to this person is truly beneficial to you or to the other person that is causing these emotions.

Thank you for reading. This is free advice that I have spoken to countless clients and now you can enjoy it too.

Kindest regards,

Chris Noel Carlin